



## Early Journal Content on JSTOR, Free to Anyone in the World

This article is one of nearly 500,000 scholarly works digitized and made freely available to everyone in the world by JSTOR.

Known as the Early Journal Content, this set of works include research articles, news, letters, and other writings published in more than 200 of the oldest leading academic journals. The works date from the mid-seventeenth to the early twentieth centuries.

We encourage people to read and share the Early Journal Content openly and to tell others that this resource exists. People may post this content online or redistribute in any way for non-commercial purposes.

Read more about Early Journal Content at <http://about.jstor.org/participate-jstor/individuals/early-journal-content>.

JSTOR is a digital library of academic journals, books, and primary source objects. JSTOR helps people discover, use, and build upon a wide range of content through a powerful research and teaching platform, and preserves this content for future generations. JSTOR is part of ITHAKA, a not-for-profit organization that also includes Ithaka S+R and Portico. For more information about JSTOR, please contact [support@jstor.org](mailto:support@jstor.org).

essential, and that, at the best, the usual hospital ward, or even the private room, is not quiet. Even the rubber-heeled footfall of the nurses about their routine work, in the corridor outside the room, is very trying to a suffering person, and the occasional unguarded voice of the night nurse can make the night torture to any one accustomed to the absolute quiet of sleeping hours at home. And so in order to maintain anything of the all necessary quietness, the nurse must have understanding and sympathy, and then she must use all the self control she may happen to possess.

She assures us, and we have found it true, that in proportion to the self-control which we can use, our movements quiet, our voices gentle, in that proportion will our patients be calm and happy.

Soon I shall be taking my general hospital course, and I look forward to that with great pleasure, but I am proud beyond measure to have had my first training under Miss Richards. Nowhere else in the world, I imagine, is there a woman like her in the work to-day.

We will always remember her as she sat before us in class, and as she walked along the corridors of our wards, her cheering presence, her smile, her bright, sharp glance taking in every little detail as she passed; her whole personality of strength and kindliness.

I never knew her to have a favorite. She has severely reprimanded us, one and all, for any delinquency on our part, but at the same time, she has trusted us for meaning well, for being genuine in our interest, as she is herself. She is genuine, along with her other wonderful qualities, and in her genuineness, I imagine, lies her great power.

---

## SUGGESTIONS FOR THE INDUSTRIAL NURSE

BY CHRISTINE R. KEFAUVER, R.N.

*Supervisor, Industrial Hygiene, Department of Health  
New York, N. Y.*

An industrial nurse should be employed in any large industrial plant where dangerous processes are used, where the industry is such as to predispose the worker to a serious disease—T. B., anthrax, lead poisoning, arsenical poisoning, hatters' shakes, etc. She is even more necessary where women and minors are employed.

The question is often asked by nurses entering upon industrial work whether to wear their uniforms when on duty. Not to wear it deprives them of one of their most valuable assets. A uniform for some reason inspires confidence. It sets the wearer apart as one whose mission is plain to all men; it renders her more easily identified in

time of trouble, and it adds a certain impersonal atmosphere that renders it easier for a worker in need of advice of a personal nature, whether it be physical or economic, to state his troubles.

There is, too, the great value of suggestion exercised by the nurse's uniform. The average young factory girl in her natural desire to enhance her attractions, purchases clothes with a single view to their appearance and not at all with regard to their suitability or durability. The daily sight of the nurse in her trim, immaculate uniform with all that it symbolizes of service and self sacrifice may present the first example of the beauty of simple, suitable clothing properly worn that the young girl may ever have seen, and emphasize in a striking manner the difference between tawdry finery and suitable business dress.

The nurse should render first aid when such is necessary, but this should be only a small and incidental part of her work. The really intelligent and up-to-date industrial nurse will bend all her energies to educating the employees of the establishment where she is employed so that accidents will be reduced to a minimum.

Since absenteeism is a serious matter, both to employer and employee, the intelligent industrial nurse will investigate conditions which may cause either an unusual number of absentees or a large labor turnover. She will bear in mind the possibility of the acquirement of one of the many industrial diseases, and try in so far as she can, to eliminate conditions which predispose to them. Fatigue is one of the great difficulties in industries. She should make a special study of the causative agents of this, and try to remove them or to educate the employees in overcoming them.

The home conditions of the workers should be a matter of concern to her and she should set apart certain days in the week or certain hours in each day in which to call at the home of such workers as she feels need supervision. To do this intelligently, she should keep a card index of the employees, with a short history of the individual and by acquainting herself with the various employees she will shortly be in a position to judge whether the home conditions are in need of adjustment or not.

She should make a tour of inspection through the factory, note condition of toilets and rest rooms, condition of workroom, light, ventilation, etc., every morning, take note of all absentees, note any who appear to be ill, or even below par physically, and take the opportunity at noon to seek out those individuals in an unobtrusive manner and find out, if possible, what is wrong.

She should make a practice of collecting the employees in the rest room on certain days in the week, or at some other convenient place,

and giving informal talks on health topics. She should make these talks about fifteen minutes in length and follow them by an open forum in which all questions of interest on the subject of health should be answered.

When the industrial nurse has become well known to the employees, her health talks should include instruction on sex hygiene. It must be remembered that our stupid system of "taboo" on all matters of sex has allowed the young of both sexes, but especially women, to reach maturity with no information on this vital subject other than that gained through undesirable sources.

Since the health not only of the individual, but of the future generation, depends upon a proper understanding of the normal function of sex in life, it is necessary to remedy, so far as we are able, the lack of previous instruction on this subject. The prevalence of painful menstruation, miscarriages, still births, infant mortality, and complications at the period of the menopause, to say nothing of the evidence of our divorce courts and domestic relations courts whose records clearly prove that the great majority of all unhappy marriages are based upon an improper understanding of the marriage relation, show the crying need of intelligent education on this subject.

Lest any fear may be felt that the introduction of such a subject should have an unfavorable reaction, the writer wishes to state that in the past fifteen months she has talked in nearly two hundred factories, settlement houses, trades unions, clubs and churches on this matter, and has met with the most enthusiastic interest, has had hundreds of problems of vital importance to the individuals concerned presented for advice or help, and in no single instance has she, or any of her group of lecturers, met with a disagreeable incident.

As a general thing, audiences should be divided when being lectured to on sex hygiene, and addressed by a member of their own sex. Intelligent educational work along these lines will do more than any one thing to mould a proper and progressive attitude of mind on all matters of sex, and will aid ultimately in the control of the scourge of venereal disease.

Above all, the industrial nurse should understand the business conducted in the particular factory where she is employed. Nothing so wins the consideration and confidence of workers as the intelligent understanding of their work by persons associated with them and attempting to instruct them. Conversely, they are apt to be prejudiced against such persons if they exhibit either ignorance or lack of interest in the occupation in which the workers are engaged.

The industrial nurse should, therefore, pick out the particular kind of manufacturing plant which most nearly agrees with her

particular training and personal inclinations. If she is especially interested in surgery she would do well to choose a plant where much machinery is used and the hazard is largely one of accidents requiring surgical first aid. In such a plant, her first duty should be to familiarize herself with the type of machine used, the hazard connected with it, the safeguards provided for it, and whether the workers use these safeguards. If not, she can bring the matter diplomatically to the attention of the foreman without mentioning any individual. She can ask his advice about the most practical method of minimizing the danger of accidents, and win his coöperation in bringing such suggestions to the attention of the workers and convincing them of the value to themselves of "safety first."

If on the other hand, she leans toward the treatment of medical cases, she would be of more value in a plant where the hazard was such as to predispose the workers to one of the many industrial diseases. In such a plant she can by careful observation and education of the workers, counteract the ill effects of the industry by pointing out the particular processes which are conducive to loss of health, instruct in home visits in the necessity of hygienic surroundings, especially clean wholesome food and well ventilated sleeping rooms.

She can above all instruct the workers in the value of periodical physical examinations, and should follow these up to see that such defects as are discovered are remedied. It should be her task to convince the workers of the false economy of child labor, of the necessity of the expectant mother's abstaining from work for two months before and after childbirth; of the part which the lack of breast feeding plays in the high death rate of infants.

In so many communities the "home" is merely the place where workers sleep when they are not in the factories, that it is becoming an increasingly important matter how such factories are conducted. It is in every sense of the word a social problem.

The places where thousands of men and women spend most of their working hours can be made an inspiration and an educational factor capable of influencing and enriching their entire lives, or it can be made a treadmill inhabited by industrial drudges. It all depends upon the way it is managed, and the intelligent industrial nurse can wield a tremendous influence for good if she cares to expend the necessary energy.